

Required Procedures for Respiratory Protection Program

WAC 296-842-220

Summary

Table 11
Procedure for Choosing a Respirator for Fit Testing

1. Inform the employee:

- To choose the most comfortable respirator that provides an adequate fit
- That each respirator sample represents a different size and, if more than one model is supplied, a different shape
- That if fitted and used properly, the respirator chosen will provide adequate protection

2. Provide a mirror and show the employee how to:

- Put on the respirator
- Position the respirator on the face
- Set strap tension

Note:

This instruction doesn't take the place of the employee's formal training since it's only a review.

3. Review with the employee how to check for a comfortable fit around the nose, cheeks and other areas on the face.

- Tell the employee the respirator should be comfortable while talking or wearing eye protection.

4. Have the employee hold each facepiece against the face, taking enough time to compare the fit of each. The employee can then either:

- Reject any facepiece that clearly doesn't feel comfortable or fit adequately
- or**
- Choose which facepiece is most acceptable and which are less acceptable, if any

Note:

- Supply as many respirator models and sizes as needed to make sure the employee finds a respirator that is acceptable and fits correctly.
- To save time later, during this step note the more acceptable facepieces in case the one chosen fails the fit test or proves unacceptable later.

Required
Procedures



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Rule

Table 11 (Continued)
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5. **Have the employee wear** the most acceptable respirator for **at least** 5 minutes to evaluate comfort and fit. Do **all** of the following during this time:
- Ask the employee to observe and comment about the comfort and fit:
 - Around the nose, cheeks, and other areas on the face
 - When talking or wearing eye protection.
 - Have the employee put on the respirator and adjust the straps until they show proficiency.
 - Evaluate the respirator's general fit by checking:
 - Proper chin placement
 - Properly tightened straps (do **not** over tighten)
 - Acceptable fit across the nose bridge
 - Respirator size; it must span the distance from nose to chin
 - To see if the respirator stays in position
 - Have the employee complete a successful seal check as specified in WAC 296-842- 22025 of this chapter
 - Prior to the seal check they must settle the respirator on their face by taking a few slow deep breaths while **slowly**:
 - Moving their head from side-to-side
 - and**
 - Up and down
6. **If the employee finds the respirator unacceptable**, allow the employee to select another one and return to Step 5. Otherwise, proceed to Step 7.
7. **Before starting the fit test**, you must:
- Describe the fit test including screening procedures, employee responsibilities, and test exercises **and**
 - Make sure the employee wears the respirator **at least** 5 minutes

